



VCU

School of Social Work

Trauma-Informed Psychoeducational Adjustment Groups (TIPAG)

Together in partnership, the Department of Behavioral Health and Developmental Services and Virginia Commonwealth School of Social Work have collaborated on a groundbreaking program that aims to increase cultural competency, social adjustment, and positive mental health outcomes of refugee communities in Greater Richmond, Virginia. The *Trauma-Informed Psychoeducation Adjustment Groups (TIPAG)* pilot is designed to deliver trauma-informed interventions through the use of psychoeducational modules that are culturally responsive to refugees' unique needs upon resettlement. TIPAG is



First Bhutanese cohort of the TIPAG training program (August 30, 2014)

intended to build capacity for mental health and psychosocial support in refugees, as well as, host communities, while assisting newly arrive refugee communities adapt to cultural changes and provide equal access to refugee resources.

Capacity building training for refugee community leaders have furnished leaders with the knowledge and skills necessary to educate his or her own community with the principles of wellness, acculturation, stress and trauma healing, and mental health care. Refugee community leaders have completed an intensive 4-week training on cultural adaptation and mental health management using TIPAG curriculum. The TIPAG training has prepared leaders to conduct their own psychoeducational workshops in their own community.

The TIPAG project team believes that building a healing partnership among compassionate community stakeholders will enhance the community's capacity to address the numerous resettlement challenges many face when making a new home in the US.

VISION

TIPAG's primary effort is to promote the mental health and psychosocial outcomes of refugee communities through culturally competent mental health services and community-based intervention for refugee families in Greater Richmond. Efforts include TIPAG curricula that will serve as a primary resource to mental health care, prevention of substance abuse, and promotion of healthy acculturation focusing on basic coping skills, cultural adjustment, and organization of recreational activities within diverse communities.

"This has been a wonderful way to get together and really get a chance to learn new things that we can bring to our communities..."

- Trained Bhutanese Community Leader